

## USE THE SPIRITUAL DISCIPLINES

### **Bible Study**

Study all the passages referenced in this week's sermon on your own, this week—and prayerfully decide *what you will do* in response.

### **Fasting**

Take a break from something that tempts you to lust. For example, fast from watching movies, listening to music, reading, or using the internet alone. Use the time you would have spent on these things doing some of the other things on this list!

### **Fellowship**

Team up with someone you love and trust to help each other stay chaste and focus on love. If needed, confess your struggle with lust and enlist their help. Pray for each other and commit to holding each other accountable. We recommend [covenanteyes.com](http://covenanteyes.com) and [x3watch.com](http://x3watch.com) as digital tools.

### **Meditation and Prayer**

Make some time alone with God and focus on something good. Instead of praying that God will take away your temptations, pray through Psalms of praise, pray for others' needs, count your blessings, or ask for wisdom—how He wants *you* to break free from lust and focus on chastity and love.

### **Secrecy and Service**

Do something really generous for someone you have treated as an object, rather than as a person. Your apology and future kindness should be clear, but you could also do something special for them anonymously, so there's no way you will get anything out of it except joy.

### **Simplicity and Stewardship**

If you have never committed to tithing, commit to trying it for a specific amount of time. You will be amazed at how God makes sure you are taken care of—and even more amazed at how it builds and deepens your faith.

## LIFE GROUP QUESTIONS

### LUST

December 8, 2019

#### **Every choice matters**

Share some choices you have made that have made you stronger and “prepared the way” for the Holy Spirit to make major changes.  
Share at least one choice made you weaker and gave the devil leverage.  
Share the most effective spiritual discipline you’ve been using lately.

**Isaiah 40:3-5, Ephesians 6:10-18, Proverbs 7, Romans 1:18-32**

#### **Break free from Lust**

Share one specific way you have struggled with lust.  
Share one specific thing that helps you break/stay free from lust.  
Share one specific way your team can keep you accountable.

**Matthew 5:27-30, Hebrews 4:15 & 12:1-2**

**2 Samuel 11-12, James 5:16**

#### **Focus on Chastity**

Share some joys you have experienced within pure, clean relationships of any kind—including romances, friendships, family, etc.

Share one thing that tends to contaminate your relationships.

Share one thing that helps you “clean up” a messy relationship.

**1 Corinthians 7, Proverbs 5:15-23, Song of Solomon**

**Luke 1:26-38, Isaiah 11:1-5, 1 Corinthians 6:12-20**

#### **Focus on Love**

Share one tangible way you are expressing your love for God.

Share one tangible way He is expressing His love for you.

Share one tangible way you are expressing your love for others.

Share one tangible way someone is expressing their love for you.

**Philippians 4:8, James 1:27**